


Pure Community





Thank you for joining us!

Session: The Power of Mindfulness Series:
Body, Breath & Mind: STOP


Trainer: Anne Contreras
Director of Programs

Getting Started:

1. This is an experiential webinar that includes movement. **Please adjust your space for you to comfortably move.**
2. If you have any questions, please type them into the Q&A box! These will be answered throughout the webinar.
3. You will receive a follow-up email within 24 hours of this session. This serves as your confirmation of attendance. **You will not receive a certificate, it will just be the confirmation of attendance email.**





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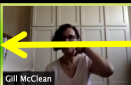

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Welcoming: **Mindful Minute**




To enlarge the video of the host, hover your cursor over this spot, and pull the gray line to the left.



Welcoming: **Mindful Minute**





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Introductions

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 Director of Programs - National Trainer

PhD Studies:
 International Psychology
 Trauma/Systems Concentration,
 Global Crisis Informed Care


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Who We Are

Pure Edge, Inc. (PEI) is a private operating foundation that provides direct service to organizations through professional development & strategy thought partnership.

PEI also provides grants to national organizations that advance the work of whole child development & SEL.



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Welcoming Activity: Mindful Minute



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Engaging Activity: One Minute Reflection



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Learning Objectives

- ❖ Understand **reaction**
- ❖ Learn the technique, **STOP**
- ❖ Experience **Brain Breaks**, to help reset-recharge ourselves throughout.

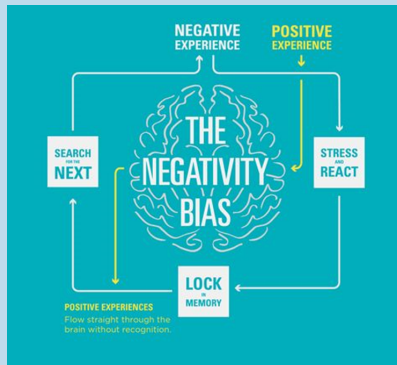


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Review – Taken in the Good

"The brain is like Velcro for negative experiences and like Teflon for positive ones."¹



Therefore, absorbing and appreciating the experience itself of a positive thought or memory in order to **cultivate resilience** and **gratitude**.

1: Rick Hanson and Rick Mendius, "Positive Emotions and Taking In the Good," 2007. <http://www.wisebrain.org/PositiveEmotions.pdf>



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Engaging Activity: Mountain/Chair Strength Sequence



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Reaction

Can be thought of as an unconsidered or abrupt behavior or action.¹

Often a reaction springs forth from a **sudden strong emotion**, or an **accumulation of strong, unexpressed emotions**.

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¹:Reaction 1. Definition of Reaction at Dictionary.com

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Reaction

When we feel intense emotions, we might experience **physical** clues:

- Shaking
- Heat in the face
- Tight muscles
- Rapid heartbeats
- Stomach aches
- The urge to hit, kick, or stomp

In **mindfulness practice**, we learn how to identify and work with strong emotions before they become reactions.

Image: Illustration by Joshua Seong. © Verywell, 2018; <https://www.verywellmind.com/what-is-the-fight-or-flight-response-7795194>

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Engaging Activity: Chair Sunrise Twist



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STOP

The **gap** between a reaction and a response.



1. Stop.
2. Take a few breaths.
3. Observe the sensations in your body.
4. Proceed with awareness.¹

- **STOP** offers us a **chance** to respond rather than react.
- It means we are **aware** of our bodies, breath, and our minds.
- We are **better equipped** to behave or act in a way to not further confusion, difficulty or harm.

1: Elisha Goldstein, "Stressing Out? S.T.O.P.," Mindful, 2013. <http://www.mindful.org/stressing-out-stop/>
Image: <https://virtuallytutoring.co.uk/blog/stop-mindfulness/>



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Engaging Activity: Chair Cat/Cow



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Engaging Activity: Guided Rest



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Takeaways



- Reaction
- Identifying & working with strong emotions.
- Physical cues of intense emotions
- The technique STOP.

Breath, Move & Rest Review Brain Breaks

1. One Minute Reflection
2. Mountain/Chair Strength Sequence
3. Chair Sunrise Twist
4. Chair Cat/Cow
5. Guided Rest



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Home Practice

For this week, try to track:

How many opportunities do you have to apply the technique – STOP?



These opportunities do not need to be big or significant.



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